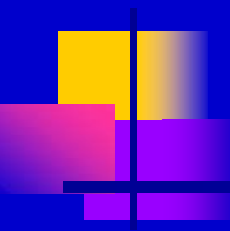




Nutrition For Women

Taking Care of Our Changing
Needs and Changing Bodies



“For too many years, the medical establishment was ignorant of women’s unique needs and physiology and looked upon women as simply “small men”.

Nieca Goldberg M.D.

author

Women Are Not Small Men



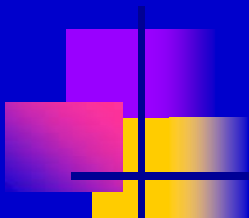
Health Challenges

- Childbearing
- Thyroid Disease
- Digestive Disorders/Disease
- Perimenopause
- Heart Disease
- Osteoporosis



Childbearing

- Prenatal vitamins and folic acid supplementation
- Increased risk of obesity
- Pregnancy weight gain, postpartum weight retention, additional weight gain
- Most successful weight loss six months postpartum due to breastfeeding and aerobic exercise

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- Calorie needs during pregnancy, not eating for two
 - Breastfeeding requires 500 additional calories per day
 - Mercury contamination in fish, including canned tuna
 - Iron needs
 - Change in thyroid function



Thyroid Disease: Hypothyroidism

- Lack of sufficient amount of effective thyroxine
- Identified through blood work
- Treated with replacement therapy



Symptoms of Hypothyroidism

- Constipation
- Weight gain
- Cold intolerance
- Hair loss
- Depression
- Decreased libido
- Muscle stiffness
- Fatigue
- Loss of equilibrium
- Decreased concentration
- Dry skin
- Goiter
- Irregular or heavy menstruation
- Tingling fingers



Thyroid Disease: Hyperthyroidism

- Too much thyroid hormone
- Most commonly caused by entire gland overproducing hormone, less common cause is a single nodule responsible
- Identified by a blood test
- Treated with anti-thyroid drugs or radioactive iodine treatment
- Affects many more women 8:1



Symptoms of Hyperthyroidism

- Palpitations
- Nervousness
- Breathlessness
- Fatigue
- Tremor of hands
- Muscle weakness
- Hair loss
- Light or absent menses
- Heat intolerance
- Insomnia
- Increased bowel movements
- Weight loss
- Warm moist skin



Good news: thyroid disease
most often treatable

When untreated can lead to
serious medical problems



Digestive Disorders/Diseases

- IBS, IBD more common in women
- Length of time for food passage
- Hormone shifts affect muscle contractions
- Increased incidence of reflux in pregnant women
- Untreated peptic ulcers more common
- Fosomax and Actonel use may increase esophageal damage



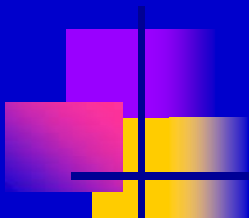
Urinary tract infections

- Higher incidence in women
- At greater risk with diabetes, may lead to detection of diabetes
- Adequate water intake important
- Cranberry juice decreases incidence
- Treated with antibiotics
- Can lead to kidney infection



Polycystic Ovary Syndrome

- Hormonal imbalance affecting 10% female population
- Cause unknown
- Disagreement about diagnostic criteria
- Insulin resistance the most telling indicator
- Dietary differences alone do not explain weight difference

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- Currently no studies adequately address diet therapy
 - Metformin common drug therapy
 - Moderate carbohydrate restriction
 - Monika Woolsey, After the Diet network



Antioxidants

- Protect the body against wear and tear
- Boost immunity
- Neutralize free radicals that damage cells
- Decreases the oxidizing of LDLs which may decrease incidence of heart attack

Antioxidants:

Beta-carotene, Lycopene, Lutein

- Apricots
- Broccoli
- Cantaloupe
- Carrots
- Collard Greens
- Kale
- Mango
- Peach
- Papaya
- Pumpkin
- Spinach
- Sweet Potato
- Tomatoes
- Winter Squash



Vitamin C

- May decrease infections
- Aids in wound healing
- Studies have not proven effectiveness of supplementation



Food Sources of Vitamin C

- Blueberries
- Broccoli
- Cantaloupe
- Grapefruit
- Kiwi
- Orange
- Peppers
- Potatoes
- Strawberries
- Tomatoes



Vitamin E

- Maintains cell health
- Slows age-related changes
- Higher intake from food showed a reduced risk of heart disease in some studies
- Supplementation under question and not advised to improve cardiac health
- 400 IU/day
- Some studies showed less mental decline from aging



Food Sources of Vitamin E

- Whole grains
- Dark green vegetables
- Nuts and seeds
- Avocadoes
- Vegetable oils (olive, peanut, canola)
- Sweet potatoes
- Wheat germ



Flavonoids

- Responsible for the colors of fruits
- Antioxidants in the body
- People who have low intake of flavonoids have a higher death rate from coronary artery disease
- Those found in green and black teas may be even more potent



Flavonoids

Those found in red wine, onions and soy have been found in studies to have reduced risk of heart disease



Superstars

- Blueberries
- Strawberries
- Plums
- Oranges
- Red Grapes



Perimenopause

- Weight gain

Exercise to maintain weight, decrease mood disorders, increase energy

- Hot flashes

Yoga

Improved symptoms with soy proteins, vitamin E supplementation observed

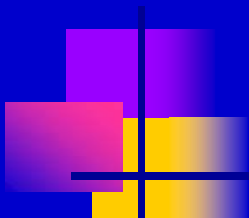
- Bone Density

Evaluate calcium intake



How to avoid weight gain

- Eat every three to four hours
- Eat until satisfied not full
- Choose high volume low density foods
- Consume less alcohol
- Balance your intake when you do splurge

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- Know what you are eating
 - Eat breakfast
 - Find satisfying low fat, low calorie snacks and do not deprive yourself
 - Avoid mindless eating
 - Exercise to burn calories



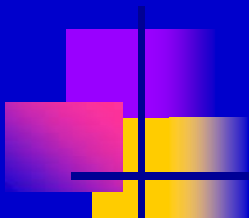
Menopause

- Responsible for shift in fat stores not increased fat
- Calcium needs increase
- Recommended intake of Vitamin D, Vitamin K and Magnesium under consideration
- Increased risk of heart disease



Heart Disease

- Increased incidence with loss of protective effects of estrogen
- Weight shift to abdominal fat increases strain on heart muscle
- Elevated cholesterol levels blocks small blood vessels leading to damage to heart muscle
- High blood pressure a leading risk of heart disease

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- Reduce saturated/trans fats
 - Use of healthy fats preventative
 - Cut sodium intake to $<2000\text{mg/day}$
 - Exercise
 - If overweight, lose ten pounds
 - Preventative antioxidants and flavonoids



To Soy or Not to Soy

- Soy protein lowers cholesterol, blood sugar, heart disease, possibly hot flashes
- Contain isoflavones which mimic estrogen
- 25 grams soy protein per day
- Soy supplements not advised, eat soybeans and soy food products
- Consult your physician if at risk for breast cancer



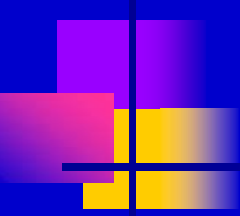
Breast Cancer

- #1 prevention is screening
- Avoid weight gain
- No more than one alcoholic drink
- Exercise daily
- Lower intake of saturated fat
- High fruit and vegetable intake



Osteoporosis

- Bones store a lifetime of calcium by 22
- Bone loss accelerates after menopause
- Genetics, weight, exercise, smoking, diet are factors in determining risk
- Inadequate calcium intake causes bone to break down to supply calcium to the rest of the body

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- Surgeon General: a negative balance of only 50-100 mg/day over time is enough to cause osteoporosis
 - Women typically consume 800 mg from food and supplement



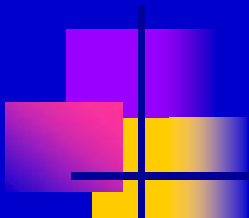
Recommendations: Calcium

- 1000 mg adult female prior to menopause
- 1200 mg past menopause
- 1500 mg if diagnosed with osteopenia or osteoporosis



Dietary calcium sources

- Milk 8oz. 300 mg
- Yogurt 8oz. 300 mg
- Soy Milk 8oz. 240 mg
- Tofu 3oz. 126 mg
- Broccoli 1/2cup 71 mg
- Cheese 1oz. 120-270 mg

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- Beans 1 cup, cooked 90 mg
 - Salmon, 3oz. with bones 205 mg
 - Sardines 3oz. 200 mg
 - Spinach 1 cup, cooked 244 mg
 - Kale 1 cup, cooked 94 mg



Recommendations: Vitamin D

- 200 IU up to age 51
- 400 IU 51-70
- 600 IU over 70



Also implicated in bone health

- Vitamin K
- Magnesium



Calcium may play a role in other health concerns

- Hypertension
- Stroke
- Premenstrual syndrome



The Role of Exercise

- Signals the body to build bone
- Decreases risk of falling
- Maintains weight/promotes weight loss
- Improves cardiovascular health
- Decreases stress and depression
- Preserves muscle mass



Know your body

- Do not ignore symptoms
- Take advantage of tests and screenings
- Too busy? Can't remember? Use mother's day or your birthday as a marker



Be kind to your body

- Image-based culture
- Unrealistic expectations
- We come in all shapes and sizes
- Body image affects other aspects and relationships in our lives
- Disordered Eating



Stop making weight the issue

Make **health** the goal, not
a number on the scale



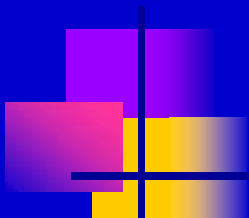
Appreciate your body

Adopt better eating habits

Stop negative self-talk

Prioritize your values

Exercise for physical and mental
health



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